

Black Bean Salsa Dip

Submitted by Nancy B.

- 1 15 oz can black beans, drained and rinsed
- 1 15 oz can pinto beans, drained and rinsed
- 1 can yellow corn, drained and rinsed
- 1 can white corn, drained and rinsed
- 4 green onions, chopped
- 1 each red or orange bell pepper, chopped
- 1 can black olives, sliced
- 1 clove garlic, pressed
- 1 tablespoon lime juice
- ½ cup salsa
- 16 oz cream cheese, fat free, softened
- ¾ cup Miracle Whip®, fat free
- 4 tablespoons taco seasoning
- 1 cup shredded Cheddar cheese
- 1 bag tortilla chips

Mix beans, corn, onion, pepper and olives in a large bowl. Mix together the garlic, lime juice and salsa and add to the bean mixture. Mix well and refrigerate for six hours or more. Mix together cream cheese, Miracle Whip and taco seasoning. Spread over the bottom of a 13 x 9 platter and refrigerate. When ready to serve, spread the bean mixture on top of the cream cheese mixture, top with shredded cheese and serve with tortilla chips. Makes 16 servings.

Nutrition information per serving: 300 calories; 39 grams carbohydrate; 13 grams protein; 10 grams fat; 837 mg sodium.